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Pelham NEWS

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inside

BIKETOFESTER PACKS 'EM IN

The sound of rumbling engines could be heard drifting across Centennial Park Saturday during the Fenwick Lions Club's seventh annual Biketoberfest. Thousands of people, flocked to the Fenwick park to show off their bikes, browse those brought by others and check out vendors.

See story on page 14

See Inside: **PUPPO'S** **INSERTS** Full Distribution



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WELLS OF HOPE



WAYNE CAMPBELL Staff Photo

Emma Grant with help from Ben Obdeyn pours two jars of pennies she collected into the Wells Of Hope "piggy bank."

Summer challenge makes lots of cents

WAYNE CAMPBELL
PelhamNEWS Staff

Kyle Druzina was delighted as he packed jars into cardboard boxes at St. Alexander Catholic School.

"I'm really proud of my school," he said. "What they did is really awesome. The money will go to good use."

In late June at a school assembly, he challenged his fellow students to put a penny a day into a jar over the summer and bring it to school in September.

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ALPACAS: Chance to learn

Shy guys

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM — Moore House Fine Alpaca will hang out a welcome sign as part of a national open house of alpaca farms on Sunday, Sept. 27.

Canadian Alpaca Farm Days by Alpaca Canada is intended to introduce the public to the quiet animals and products woven from their fleece, said Catherine Timms, owner of Moore House Fine Alpaca.

While the national open house runs Saturday and Sunday, Moore House will only be open Sunday from 10 a.m. to 4 p.m. The breeding farm on Tice Rd. between Effingham and Centre Sts. has 25 alpacas, including seven babies born in the past couple of months.

"We want people to come and see them up close," said Timms. "We have a lot of people stop along the road side to watch them."

Alpacas tend to be shy. They are quiet except for their humming, but are curious about people, she said.

Alpacas are raised for the fibre derived from their fleece. Like wool, but warmer and softer, it is milled into a yarn and used to make socks, gloves, hats and sweaters. It feels like cashmere and is well-



WAYNE CAMPBELL Staff Photo

Catherine Timms, owner of Moore House Fine Alpaca, with part of her group in the pasture on Tice Rd. in Pelham.

known in Europe.

Timms said it has recently become popular particularly with a those who prefer to buy and use local farm products.

"I hope the trend toward supporting local agriculture continues for all farmers," she said.

Alpacas look like llamas, but only smaller. They both originate in Andes mountains of South America. Moore House has been raising alpacas for six years. It is one of the larger breeding farms in the region.

But Timms said there are a number of people who have one or two alpacas on a hectare. At the open house, people interested in raising them can learn more.

Alpaca Canada says raising

alpacas is considered earth-friendly because they only require small farms, feed off grass, hay and specially-made pellets, and are quiet.

"These intelligent, fluffy, shy animals are a sizable investment (starting at \$3,000 each for a female), but returns on alpaca farming can be rewarding with the sale of offspring as well as products from their luxurious fleece," said the association in its background information.

In Canada, there are about 21,000 registered alpacas with most in Western Canada and the Maritimes, although the number of farms in Ontario and Quebec is increasing.

See ALPACAS | Page 2

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■ CENTS

Pennies to fund wells

FROM PAGE 1

On Monday hundreds of students lined up in two rows to pour jar after jar of pennies into a Wells of Hope piggy bank trailer.

The money will be sorted and rolled by a machine at the Wells of Hope office in St. Catharines.

The organization directs wells and provides other assistance to a community in Guatemala. The money raised by the students will go to build schools and supply them.

"Isn't God awesome," said Wells of Hope director Ted Vander Zalm. "He asks you to look after others the same way He looks after us."

He said a penny isn't a lot of money but "when we bring it all together we make the world a better place."

Grade 6 students Alyssa Gritti, Giordana Scodellaro and Madeleine Jones dropped a penny in a day and received contributions from grandparents and relatives. Madeleine found a 1981 penny among the piles.

Ben Obiedo, a Pelham director of Wells of Hope, smiled as he helped student after student pour pennies into the mail box of a house-shaped trailer.

Grade 4 student Emma Avakian needed a little extra help as she poured in two jars.

Vander Zalm told the students they were sending a message of hope through the two mail boxes on each side of the trailer.

Kyle got the idea of the penny drive after hearing about the work of a Wells of Hope volunteer and how a couple of thousand dollars could be enough to build a school in Guatemala.

weampbell@wellandtribune.ca

■ NEWCOMER CHALLENGES

Paying tribute

WAYNE CAMPBELL
PelhamNEWS Staff

Aqsa Parvez, a 16-year-old girl, died on Dec. 10, 2007, in Mississauga, allegedly killed by her father over her refusal to wear the head covering called a hijab. When she was buried her family refused to put up a headstone.

The criminal case in which Parvez's father faces a charge of second degree murder and her brother a charge of obstructing justice remains before the courts. The story caught the attention of Pelham fire Chief Scott McLeod.

He thought something should be done for the young woman and the tragic situation in which she found herself.

He raised the matter with Ward 2 Coun. Sharon Cook and she took a proposal to council suggesting a memorial to Aqsa Parvez that would honour all immigrants.

It would acknowledge the struggle of those caught



Coun. Sharon Cook, Pelham Fire Chief Scott McLeod and Mayor Dave Augustyn unveil the Aqsa Parvez Memorial Bench.

WAYNE CAMPBELL Staff Photo

between cultures and the challenge to conform to both, she said.

Council passed a resolution to put a memorial tree in Pelham Peace Park. Laurie Meredith of Kirkpatrick Monuments read about it and offered a memorial bench.

"It's such a sad thing to have happen. Maybe the attention from this memorial may save a life," she said last Friday after the bench was unveiled.

During the dedication ceremony, Mayor Dave Augustyn

praised Canada's commitment to multiculturalism.

It acknowledges rights of all citizens to identify with and take pride in their cultures. It encourages cross-cultural tolerance and understanding, he said.

However, it also gives individuals the freedom "to choose for themselves to withdraw" from the customs of their individual culture to identify with the wider culture, he said.

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■ ALPACAS

First open house for Alpaca Canada

FROM PAGE 1

Timms keeps her alpacas on the lawn near the front of her house rotating them from pen to pen every three days as they chew down the grass.

"You enjoy their antics, especially the young ones," she said as she watched mothers and the young room together.

The field is surrounded by a

1.5-metre-high electric fence. "That's to keep the dogs and coyotes out rather than the alpacas in," she explained.

While grass and hay are their basic meal, Timms said they can eat any kind of vegetation including the bottom needles of an evergreen tree. Meanwhile, a couple of males at the back of field have discovered

how tasty fallen apples are.

Timms looks forward to the open house, the first one Alpaca Canada has held.

It gives her a chance to explain these gentle animals and the industry growing up around them to her neighbours and passersby.

weampbell@wellandtribune.ca

■ LOOKOUT RIDGE

Marking a year

PelhamNEWS Staff

Lookout Ridge may have accidentally found an anniversary tradition.

Staff of the retirement community on Regional Rd. 20 followed the advice of resident Barbara Rooke who tried to repair a faded and frayed Maple Leaf flag. It flew on a tall pole in front of the complex.

"I suggested they replace it after I tried to hem it once," she said.

"It took a lot of wind and bad weather last winter."

Last Tuesday, as part of Lookout Ridge's first anniversary celebration, residents gathered outside on a warm sunny day to sing *O Canada* and watch a new flag go up.

"We could do this every year," said Ray Barlow, general manager and director of operations.

The 195,000 sq. ft. U-shaped complex opened in August and September of 2008 with 60 residents. Today it has 140 residents living in one of three levels of lifestyle. It has a capacity of about 175 people.

Lookout Ridge employs about 70 local residents. Dewar said it strives to work with local businesses for services and equipment.

In addition to its residential units, the complex has a large dining room, recreational area, exercise rooms and large lobby with cafe, general store and hair salon. Foot care, pharmacy and physiotherapy services are offered on site. An unusual feature is a children's daycare centre operated by A Child's World.



Staff Photo
Staff stand in front of Lookout Ridge's landscaped front entrance.

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■ **ART:** New exhibits at Keith's Restaurant, Fonthill library



WAYNE CAMPBELL Staff Photo

Niagara Falls artist Susan Lott stands beside one of her acrylic paintings depicting church steeples in St. Catharines and Niagara Falls. Her two-month exhibition is at Keith's Restaurant in Fonthill through October. An artist's reception will be held at the restaurant from 2:30 p.m. to 4:30 p.m. on Sunday.

Art in the family

WAYNE CAMPBELL
PelhamNEWS Staff

Patricia Crick at Keith's Restaurant has received calls and questions about an acrylic painting hanging in the restaurant's dining room art gallery.

It shows steeples of St. Catharines and Niagara Falls churches with a bright red background. Callers interpret it as fire.

Niagara Falls artist Susan Lott said she was surprised by the thought of anything devilish.

"I can't believe the response."

She thought the steeples look good on a red background for the autumn season, she said. The red theme ties in with other fall paintings. She also has a group with a blue background theme.

Lott's landscape, Haliburton woods, urban skyline and ship paintings are on display at Keith's through October.

An artist's reception will be held at the restaurant from 2:30 p.m. to 4:30

p.m. on Sunday.

Lott said she has been sketching since she was 10. That's when she was given a Dennis the Menace sketchbook.

"I still have it."

She grew up with art in Merritton. Her grandmother painted and her grandfather framed them.

However, she didn't get serious about painting until 1994 when she started taking watercolour lessons to spend more time with her grandmother. That led to more classes and studying.

Today her pastels, acrylic and oil paintings are found in private and corporate collections in Canada, England and the United States.

"I have to do it because it was in my head," she said about the urge to paint something she sees when driving.

That's how the steeples came about and the Toronto skyline."

For more information see her website www.susanlott.com.

Salute to Charles

WAYNE CAMPBELL
PelhamNEWS Staff

Charles' Pictures, Yolanda Varga Davis's exhibition at the Pelham Public Library, is a work of love for the Fonthill artist.

It's a salute to her husband of 22 years Charles Davis who died six years ago. The show continues through September with an artist's reception on Sunday, Sept. 27, from 2 p.m. to 5 p.m.

"He was the one who told me to go back to school to study art," said the 61-year-old professional artist.

"I was 52 years old when he said I was pretty good at doing sketches and should go to Niagara College to learn more."

Davis said she followed his advice but was concerned about mixing with a group of 20-year-olds.

One of her instructors told her "to put on a dirty sweater and a pair of jeans and you'll fit right in."

She did and ended up taking six years of college and numerous seminars and workshops to develop her skills in the arts.

Charles' Pictures is a collection of pieces including portraits, sketches, scenes from Cape Breton where Charles was born, and abstracts she painted while grieving after his death.

For 36 years, Charles Davis was a high school English teacher who taught at Eastdale Secondary School in Welland and in Burlington as well as his native Nova Scotia.

One of her pieces is a spiral collage made from 46 of his ties called *Fit To Be Tied*.

"He was an elegant man," she said.

A comic portrait of his retirement projects shows Charles looking at spider through binoculars with a camera around his neck.

"He had arthritis," said Davis



WAYNE CAMPBELL Staff Photo

Charles Davis was an elegant man in a tie, that is, fit to be tied, says Yolanda Varga Davis. *Charles' Pictures* — a tribute to her husband who died in 2003 — is on exhibition in the Festival Room of the Pelham Public Library. A meet-the-artist reception is planned for Sunday from 2 p.m. to 5 p.m. at the library.

explaining a series of sketches of his hands as he wrote, washed dishes and cleaned his glasses. They showed the bumps on his hands.

A painting of a family clock has a ghost effect showing Charles winding a clock that was handed down to him from his grandfather through his father who are images in the background.

And a portrait of Charles shows him stocking a daily pill case with vitamin tablets.

"He taught me how to take vitamins daily," said Davis.

She holds an annual show, usually in September, in the Festival Room of the Pelham Public Library on Pelham Town Square in Fonthill.

The artist's reception on Sunday runs from 2 p.m. to 5 p.m.

The festival room is open for visitors during regular library hours unless the room is in use for activities

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PELHAM NEWS GENERAL MANAGER

Wayne Campbell, owner

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perspective



Wayne Campbell
EDITOR

No surprise – but...

Sometimes a consultant's report tells you what you knew already.

But a municipality carries out one like the Pelham traffic study for a reason. It puts an authoritative stamp on future requests for money from senior levels of government to finance improvements. It can also strengthen the hand of those pushing for specific safety improvements.

This week R and R Associations told Pelham town council its surveys found only 38% of drivers kept to the posted speed limits. We've poor at making the transition from rural to urban driving along Port Robinson Rd. and Pelham St.

The traffic lights at Regional Road 20 and Pelham St. are poorly timed leading to a pile up of waiting traffic. Pelham Town Square at Pelham St. and Station St. at Hurricane Rd. has several night time problems. We have two very busy roads. Regional Rd. 20 carries 17,700 vehicles a day and Pelham Street 10,251. Rice Rd. has 4,940. Pelham Town Square 3,967 and Port Robinson Rd. 3,188.

The information may not surprise anyone who drives around Fonthill. The recommendations, however, will bring some cheering.

The consultants suggest traffic lights at Port Robinson Rd. and Pelham St. to improve safety at Glynn A. Green elementary school. They also suggest one at Church Hill and Pelham St. for downtown pedestrians. Sidewalk improvements are needed along Pelham St., Station St. and Port Robinson Rd.

With these and the other recommendations made by the report, the town can move forward on long sought after road projects.

And those who have been lobbying for these safety measures have some ammunition for their guns.

comment

■ KINSMEN: Honouring the best



Submitted Photo

Fonthill Kinsmen recently acknowledged two members with outstanding service. From left, membership chairman Doug Fressland and president Brian Isgulden present Brian Steven Kinsman of the year and John Stringer rookie of the year. Dave Kuckly, past president, made the announcement at the Kinsmen's first general membership meeting for the 2009-10 Kin year.

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Ways of working together with you

Last week I wrote to you about how your municipal council is organized. But, how can you or other members of the public get your suggestions or improvements examined and implemented?

Presentations
Anyone interested in making a presentation to council or general committee should contact the town clerk at 905-892-2607 ext. 320. You must make a formal request in writing before 4:30 p.m. on the Wednesday preceding the meeting. The towns procedural bylaw limits presentations to 10 minutes, but offers no time limit on questions by councillors; it also limits presentations to four per meeting.

Public meetings
You can also provide suggestions during a "public meeting" of the town council. These involve planning matters and follow a formal agenda – presentations by staff and the applicant, direct input by members of the public with



Dave Augustyn
MAYORAL VIEW

questions and comments, comments by councillors. We invariably direct staff to prepare a report for action based on the public input.

Pre-budget meeting
I am very proud that this council starts its annual budget deliberations with a special public meeting. We listen to all public input on any spending or town issue. We refer all your input for consideration as staff prepares the budget for the next year. We will hold the 2010 meeting on Tuesday, Oct. 13, at 7 p.m. at the Fenwick fire hall. Register with the clerk in advance or just come and present your ideas or suggestions.

Open houses
You can also give your ideas at open houses or "public information centres." These sessions generally include dia-

grams, maps or mock-ups, and, over a couple of hours, provide you with an opportunity to ask questions and make written suggestions or comments. For example, staff will organize an open house regarding the reconstruction of South Pelham St. this fall.

Workshops

After generally starting with a presentation by a consultant or staff, workshops usually break into small groups to solicit interactive feedback and suggestions. During the summer, the town held workshops regarding a vision for the town's community improvement plan; we should hear results this fall.

Letters, e-mail, phone calls
You can also use standard communication methods to make a suggestion or get your point across. If you write about a major issue or request a policy change, your letter will go to the appropriate committee for information or action.

Helping tenured workers on road to recovery

Many of my constituents have recently called my office to say they've lost their jobs through no fault of their own. The global economic downturn has cut the ground out from under them and they now face the prospect of being unemployed – some of them for the first time in their lives.

What happens to these individuals who suddenly find themselves out of work?



Dean Allison
MPS VIEW

These are Canadians who have paid their dues. They have worked hard and paid their taxes for many years — and, of course, paid their EI premiums. Many of these individuals have worked in the same job or the same industry all their lives but now face the prospect of having to start all over again. They need assistance and support to rebound back into the workforce where their experience and skills are needed, now and for the future.

Last week, Human Resources Minister Diane Finley tabled legislation that will provide additional employment insurance benefits to these unemployed long-tenured workers. The new legislation is designed to provide additional support to workers who have paid EI premiums for years but made limited use of the program. It will provide from five to 20 weeks of additional benefits for eligible workers while they look for jobs, depending on how long they have been working. And paying into EI is a temporary measure, building on those we introduced in Canada's Economic Action Plan. Payments of the extended benefits would continue until fall 2011, and this measure would be phased out gradually as the economy improves.

This program, in addition to the other measures we have already implemented:

- Five extra weeks of EI regular benefits;
- Increased maximum duration of benefits from 45 to 50 weeks in regions of high unemployment;
- Protecting jobs through the Work-Sharing program;
- Assisting long-tenured workers to transition to a new industry or occupation through the Career Transition Assistance program;
- Freeing EI premiums for 2010 at the same rate as 2009;

Letter to the editor

Generosity appreciated

As those at Pelham Farmers' Market know, Pelham Cares had a booth set up from which volunteers were passing out information and inviting persons to enter a free draw. Donations of food or cash were accepted but not necessary to enter the draw. Many people entered and a majority of those who did also made a donation.

Among these were two very special children and their moms. At my invitation to enter the draw, a very attractive young woman with a little girl holding on to one of her hands and a little sister to enter the draw. Another came over. Mom filled out an entry form for herself and then completed one for each of her children, Liam and Megan who, by my guess, were about four and three years old. I wished them good luck and asked Mom if it would be OK for the kids to have a candy. While there were peppermint and caramel candies in the top of the bowl, the kids preferred to have a sucker. Searching around in the candies, I was surprised when I came up with two — one green and one yellow.

While Megan was happy with the green one, I could tell from the look on his face that Liam was not. He shared with me that he would like a red one. So, back into the bowl I went and, again, much to my surprise came up with one more sucker, and this time it was a red one. Liam beamed as he took it from my hand. The best part though was what happened next. Holding out their hands, first Liam and then Megan dropped some coins in my hand, about two dollars in all — a donation for Pelham Cares.

Obviously their mom had given them some money to spend at the market and this was how they decided to spend it. And mom not only let them but also encouraged them by telling them what a good thing they had done.

I thought to myself, "Here's a family that has its priorities right." I wish I could be around to know what Liam and Megan end up doing with their lives. Whatever it is, I have no doubt that it will involve making a meaningful contribution to others.

How does that biblical saying go: "And a little child shall lead them."

Rev. Dr. Paul D. Owen
Vice-president, Pelham Cares

■ ALLISON

Record investments

FROM PAGE 4

Providing an additional \$1.5 billion towards skills training to be delivered by the provinces and territories. All of these measures demonstrate that the government continues to make responsible choices to support Canadians now. These measures are fiscally responsible, and yet are responsive to the needs of Canadian workers.

We're making good progress. Our government is making record investments to stimulate the economy, support the unemployed, protect existing jobs and help prepare Canadians for the jobs of the future. We want this country to come out of the recession even stronger than before—that's a key message from our economic action plan. We will continue to support Canadians to help get us out of our economy begins to show signs of recovery.

■ AUGUSTYN

Pick up the phone

FROM PAGE 4

Of course you can also call staff, councillors or myself directly. You can also request a meeting to discuss your issue (You can even stop me on the street, as many people do).

These are some of the major ways in which you can get involved in the Town's democratic process.

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■ **INFRASTRUCTURE:** Hundreds of thousands of dollars to be spent in Pelham

Pumping stations to get upgrades

WAYNE CAMPBELL
PelhamNews Staff

Pumping stations on Foss Rd. in Fenwick and Hurricane Rd. in Fonthill will undergo their first major upgrade in a long time — possibly the first time — since they were built decades ago.

Niagara Region project manager Graeme Guthrie didn't have information in front of him, but said upgrades would have been a long while back.

Usually the equipment being replaced is expected to last 20 years or more, he said.

The Foss Rd. station draws wastewater from Fenwick and pumps it to a pipeline that

runs along South Pelham St. and eventually to the Weland sewage treatment plant.

The Hurricane Rd. station pumps Fonthill sewage to a line along Rice Rd. that also leads to the Weland plant.

The work will involve replacement of equipment that has outlived its useful life including pumps and the two buildings themselves.

Guthrie said reports from maintenance staff and a review of records indicate the "life-style upgrade" is needed.

Work at the Foss Rd. station will include replacing the existing pumps with larger capacity pumps, installation of upgraded standby power and a

new control building. The region will also make other electrical and mechanical upgrades to meet current codes and standards.

The Hurricane Rd. station will include construction of a new control building, relocation or replacement of standby power and electrical equipment and replacing the existing pumps with larger capacity pumps. It will also make electrical and mechanical changes.

Part of the upgrade will include installation of a new power system. It will require a municipal class environmental assessment.

See INFRASTRUCTURE | Page 8



Hurricane Rd. pumping station.

WAYNE CAMPBELL, Staff Photo

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■ INFRASTRUCTURE

Notices posted on stations

FROM PAGE 7

Niagara Region has posted notices announcing the assessments for the two stations. It invites written comments about the stations within 30 days of the notices.

Guthrie said the region doesn't usually get comments on substation projects. If there are any, they would be resolved before tendering the projects. The projects are expected to cost hundreds of thousands of dollars, he said. Work would begin as soon as possible after the tender is awarded and can continue through the winter.

Guthrie said there will be no interruption of sewage pumping service in Fenwick or Fonthill during the upgrading project.

ucampbell@wellandtribune.ca



WAYNE CAMPBELL, Staff Photo
Foss Rd. pumping station.

New Technology eliminates Neck and Back Pain

SPINAL DECOMPRESSION

Taylor Chiropractic Offices are located in Welland and the spinal decompression program is headed by Dr. Scott Taylor. Dr. Taylor specializes in providing proven, safe and effective non-surgical options to patients who are experiencing serious, chronic back and neck pain.

Spinal Decompression is effective for neck and back pain due to bulging/herniated discs, degenerative disc disease, sciatic leg pain, facet syndrome and more. Because of the effectiveness of spinal decompression in Dr. Taylor's other clinic he has now implemented it in his Welland Clinic.

In the past, a patient suffering

from disc problems would exhaust options including several medications and physical therapy, and when they were not progressing, they were sent for spinal surgery. Some research findings confirm that this surgery only has a 40 percent success rate.

Chiropractic care proved extremely helpful in many cases, yet there have been some cases when surgery seemed to be the only other option...until now. Since their release clinical studies have revealed an amazing 70-90 percent success rate in treating lumbar and cervical disc-related problems.

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■ RECIPE

Classic zucchini loaf



Ruth Nixon

WHISKING WITH RUTH

A wonderful friend and baker, was kind enough to share her family recipe for zucchini bread. Passed down through the generations, this one has survived the test of time, and will be a great addition to your children's back to school lunches.

2 1/4 cup all-purpose flour

1 tsp baking soda

1/2 tsp cinnamon

1/2 tsp nutmeg (freshly grated if possible)

1/4 tsp baking powder

1 1/2 cup granulated sugar

1/2 tsp salt

2 eggs, lightly beaten

1 1/3 cup sour cream

1/2 cup vegetable oil

2 tsp vanilla extract

2 1/2 cup grated zucchini

1/2 cup chopped walnuts or pecans (optional)

1/2 cup raisins

Preheat oven to 350 degrees

Coat a 9 x 5-inch loaf pan with non-stick cooking spray and dust with flour.

Sift first 5 ingredients together and set aside. In a large bowl, mix together sugar, salt, eggs, sour cream, oil and vanilla. Stir in grated zucchini, nuts, and raisins.

Fold in dry ingredients, mixing only to just combined. Do not over mix, even if streaks of flour remain.

Pour batter into loaf pan and bake for 30 minutes. Rotate pan and continue cooking for another 30 - 40 minutes or until a toothpick inserted into the middle comes out clean. Allow to cool in pan for 10 minutes, invert on cooling rack and cool completely.

Serve with cold salted butter, and fig jam if possible.

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■ ART: Fonthill textile abstract unveiled at regional headquarters

Niagara in textured silk

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM – Today Regional Chair Peter Partington will unveil a 7.5 metre piece of highly textured abstract art depicting Niagara Falls and the geographic flow of the escarpment across the Niagara Peninsula.

The work by Fonthill textile artist Dianne Gibson will stretch over the Campbell East atrium at Niagara Regional headquarters on Merrittville Hwy.

Continuum was commissioned by Anne and D'Arcy Luxton of Elora and donated to the region. D'Arcy Luxton grew up in St. Catharines.

WAYNE CAMPBELL Staff Photo

Fonthill Textile artist Dianne Gibson explains the texturing that went into her 7.5-metre fibre art piece called Continuum.

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featuring

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After service dialogue and discussion.

Everyone who is interested in interfaith relations
will want to come to this service. All are welcome.

Gibson said in an interview at her Fonthill studio said it took two years of thought along with pages and pages of notes, sketches and word play to land on the concept.

"It was challenging to come up with a design suitable for me and that D'Arcy would accept," she said.

She rejected, for example, trying to put in something from each of the 12 municipalities of the region.

"You'll miss something someone would consider important," she said.

Instead, the native of Niagara Falls, looked at something that "encompassed the region as a whole" and concentrated on the Niagara Escarpment as its backbone. It includes shades of blue for the Welland Canal, an aerial view of the bench lands in yellow, green and purple for fields, orchards, forests and vineyards.

It's the continuation of the geography of the region over time, she said explaining the title *Continuum*.

"It's more timeless" than concentrating on existing industries and buildings.

Gibson said she's never done anything this size before. The textured and layered silk pieces are spread over 20 wood panels prepared by her husband Bill Gibson, a woodworking artist who usually builds boats.

Each square, rectangle or triangle panel sits off the wall at different depths with variations in shading. Gibson has been teaching her texturing process, which involves a heat gun, at workshops.

"When we went to the region we thought they would suggest somewhere in a region for a public art piece," she said. "We were surprised when they told us to do the atrium."

She said she was a little concerned when the finished pieces were first hung. "You always have a little doubt," she said.

Gibson grew up in Niagara Falls, studied at the Ontario College of the Art and has been working in textile art for more than 30 years. She said she likes the diversity textile presents and enjoys detailed work. "I made 1,200 feathers to put on a heron in my living room," she said.

The unveiling will take place at the regional headquarters at 2:30 p.m. today. Gibson can be reached by e-mail at wgibson@cogeco.ca.

What is the importance of healthy eating for denture wearers?

The relation between significant tooth loss and the ability to chew fresh fruits, vegetables and meats, has a great impact on the nutritional value of one's diet. Toothless or partially edentulous individuals are at a higher risk of malnutrition. Edentulous individuals have poor nutrition intake and may be at higher risk for a variety of diseases. For example those who consume little vitamin A are at a higher risk for various forms of cancer, heart disease and rheumatoid arthritis. Similarly the dietary deficiencies of vitamin E are associated with various cancers, heart and Parkinson's Disease and low vitamin C and thiamine levels lead to a reduced immune system function, cardiovascular disease, hypertension and nausea, constipation as well as appetite and weight loss. Another ill effect of a low nutrient diet is a loss of muscle mass and strength caused by inadequate intake of protein, which could further increase frailty. An increased intake of fat and cholesterol observed in toothless patients have been associated with obesity, diabetes mellitus, as well as arteriosclerosis.

What can I do to prevent any of this happening to me?

Considering the vast implications of a low nutrient diet, it is worth acknowledging that nutritional balance and good health can be significantly improved and restored with the use of a well made denture, and a vitamin supplementation regime planned by your doctor. A well made denture, will allow you to introduce back into your diet all the nutritionally laden foods such as fresh fruits and vegetables, proteins and nuts that were avoided when chewing with an ill-fitting, poorly designed denture. Individuals with implant supported dentures, greatly improve their food choices by including more hard to chew foods that are rich in nutrients, therefore greatly improving their health status.

To switch to a more balanced diet may be as easy as having well fitted dentures, that allow for improved chewing and grinding function. The ability to better chew fruits, vegetables, meats and nuts will increase your nutrient intake and may decrease your risk of various disease. For more information see your Denturist.

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STYLING

■ PARTICIPATION DAY

70 clean up

MAYNNE FIRTH
PelhamNEWS Staff

PELHAM — Volunteers were armed with gloves, trash bags and the best of intentions Saturday as they worked together to help keep Pelham looking beautiful.

With more than 70 volunteers spread out across the town, the annual fall cleanup hosted by Pelham Communities in Bloom was once again a success.

Event chair Brenda Neilson was busy dishing out assignments and routes to volunteers who came ready to help beautify the area.

There were seven paint crews on the move in Saturday's sunshine — four painting rusty road signs, two painting utility boxes and one removing graffiti as they moved along the roadways.

Armed with gloves and bags for trash and recycling, the garbage crews were each assigned a different area to rid of litter during the morning cleaning event. All Pelham schools and parks were cleaned as well as many of

the roadways within the town thanks to the volunteers' efforts.

Neilson said the cleanup, which happens annually in the spring and fall, often draws a variety of different people looking to help.

There are motivated individuals, high school students looking to gain community hours, as well as families who come out together.

Communities in Bloom chairperson Don Marr said many families and individuals return each year to continue their efforts.

"We've had people from one year up to 80," Marr said about the wide age range of people who come out to help. Some are not even from Pelham, but hope to assist nonetheless.

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"It gets the community involved and helps to clean up the town. Someone has to do it," Neilson said with a smile while standing at the event headquarters in Peace Park.

This is the seventh year the group has been hosting the cleanup event, and with each year the number of volunteers grows.

"It shows great community spirit," Marr said of the growing number of volunteers.

Neilson said it's encouraging to see more people get involved with the cleanup initiative. With more people involved comes "more exposure and more awareness."

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sports

■ **BIKETOBERFEST:** "Fabulous" Fenwick Lions pull of three-pat

Bike enthusiasts pack Centennial Park

MARYANNE FIRTH
PelhamNEWS Staff

The sound of rumbling engines could be heard drifting across Centennial Park Sunday during the Fenwick Lions Club's seventh annual Biketoberfest.

Thousands of people flocked to the Fenwick park to show off their bikes, browse those brought by others, and check out the vendors selling everything under the sun that's motorcycle-related.

Organizer Bruce Bissell expected to see between 3,000 and 4,000 people at the park throughout the day.

More than 30 vendors were on site selling motorcycling clothing, accessories, custom decals and just about anything else a rider could want or

need.

Bissell said people travel from all over the country to attend the event, with visitors from as far as Winnipeg in attendance.

"People enjoy the riding here," he said, adding Niagara has great roadways and beautiful scenery. He said word of mouth has travelled fast and the festival has grown significantly since its inaugural run seven years ago.

There are plans to possibly expand the Biketoberfest in the future, he said, adding it may turn into a weekend event with camping on site.

While browsing motorcycles is high on the priority list, the main reason for the festival is to raise funds for various charities. The last six years of Biketoberfest has yielded \$180,000 for



ALLAN BENNER Staff Photo

More than 100 motorcycles from throughout Niagara rode through Fenwick in the third annual Ride of Flags.

charity. Bissell had high hopes this year's festival would add a significant amount to that total.

Helping to raise funds was the day's grand prize draw—a 2009 Limited Edition Harley Davidson FLS Softail Deluxe motorcycle with an estimated worth of \$27,000.

This year, proceeds from the festival will be split between Lions Camp Dorset, Lions Foundation of Canada, Welland Hospital Foundation and various Fenwick Lions community projects.

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"People in the biking world have been so supportive, it's just unreal," he said.

Aside from the Harley draw, another highlight of Biketoberfest is the show and shine bike show that draws around 100 motorcycles each year, Bissell said. Eighteen trophies are handed out in various categories to the owners of the deserving bikes.

The day, which began with breakfast in the park, also featured a Dynotunes mobile motorcycle tuning centre and a performance by More Bad News and the Horns From Hell.

Bissell, who has been riding motorcycles since he was 16, said it feels great to have an event like Biketoberfest in the area.

It's a great event and I'm proud to be part of it."

Chris Finamore brought four-year-old son Liam to the event to check out what else, the motorcycles.

"He loves the bikes and he loves the noise," Finamore said of his son.

He's been coming to Biketoberfest for a number of years and enjoys having the festival so close to home.

Nick Lancione is a regular attendee at Biketoberfest, and was pleased with the "gorgeous day" Mother Nature provided Sunday.

"I think it's a great community event, and it brings in business to the local community," Lancione said.

"It's all about giving back," he said, adding the event is overall for a good cause.

"Bikers are the most amazing people on Earth. They raise amazing amounts of money for charity."

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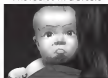
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AROUND TOWN

FRIDAY, SEPT. 25

NIAGARA PENINSULA CHILDREN'S CENTRE holds its annual benefit dinner and dance at Club Roma. Music will be provided by the orchestra introduction. Tickets are \$100 a couple with a \$40 tax receipt. Call Niagara Peninsula Children's Centre, 905-688-3550 ext. 106.

SATURDAY, SEPT. 26

SINGER'S CORNER WOMEN'S INSTITUTE holds a flea market and bake sale from 8:30 a.m. until 1 p.m. at Sobeyes in Fonthill.

MEDITATION MORNING

Join Marcia and learn different types of meditation, at Fonthill library. Suitable for beginners and more experienced. Bring a pen and notebook; \$3. ticket; ahead: 9:30 a.m. to 11:30 a.m.

MONDAY, SEPT. 28

WAINFLEET HISTORICAL SOCIETY will meet in the PI Hall at

the Wainfleet Historical Village at 7:30 p.m. The speaker is Don Anger whose topic is: Scruples of Conscience, The War of 1812 and the Sugarloaf Settlement. Everyone welcome. For more information, call 905-386-6978.

AUTUMN MEETING OF PELHAM HORTICULTURE SOCIETY 7:30 p.m. to 9:30 p.m. at Pelham Wood Library, Fonthill. Presenting Andrew Hardy of Arbor Wood Tree Services concerning pruning shrubs and trees. Refreshments for new members and guests. Prizes from vegetable show to be presented.

TUESDAY, SEPT. 29

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680 ml can

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675g loaf

1.69

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1/2 PRICE

**OCEAN SPRAY
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1.89 litre

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2.59 lb.

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170g can

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SAWMILL GOLF RESULTS

Hole-in-one: Sept. 18 - Cindy Weisbrod aced the 14th hole from 100 yards with a 7 iron.

Monday Morning Seniors - Sept. 15

Game: Blue, White, Red - Count: 1, 2, 3
1st: Bill George, George Smith, Al Fisher, Bob Smith 152
2nd: Jim Butler, Glenn Gohm, Bob Macpherson, Bill Saxton 153

3rd: Bill Melloy, Ray Sampson, Alex Hericks, Mike Arghitta 155

Ladies' Night - Sept. 15

Low Gross
Maureen Reiser 47
Top 5 Low Net
1st: Leanne Slaughter 29

2nd: Marilyn Lambert 32
3rd: Nancy Cunliffe 37
4th: Nancy Conness 32
5th: Heather Hericks 32
Closest to the Pin
#14 Maureen Reiser, #17 Leanne Slaughter

Longest Drive
No. 13 Cindy Weisbrod
Lucky Number No. 63 Terri McCullum, Lori McInnes

Senior's Day - Sept. 17

Closest to the Pin #3 Ted Gallagher

Longest Drive #6 Jim Butler

Closest to the Post #13 Doug Whitaker

Closest to the Pin #17 Lloyd Spendif

PENINSULA LAKES GOLF RESULTS

Scavenger Golf - Sept. 15
Overall winners: Ray Forgeron and Janet Tene with 15 total.

Closest to the pin: Merle Sabo, on Orchard No. 2, Jessica Romanuk on Orchard No. 6, Brad Skinner on Orchard No. 8.

Net 31.

Closest to the pin: Paul Forgeron on Orchard No. 2, Joe Torabouno on Orchard No. 6, Brad Skinner on Orchard No. 8.

Torabouno with his closest to the pin win has now earned his spot into our year end Sun-life Financial shootout under the lights.

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